



# SA POLICE LEGACY NEWSLETTER

JULY 2024



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### The SA Police Legacy Board

**President:**

Sergeant Jodi-Lee Black

**Vice-President:**

Glenn Thomson (Retired Police Officer)

**Board Members:****Costa Anastasiou**

Police Credit Union Representative

**Peter Graham**

Elected (Retired Police Officer)

**Matthew Nairn**

Elected (Retired Police Officer)

**Tom Nyenhuis**

Elected (Retired Police Officer)

**Peter Shanahan**

Appointed

**Senior Constable Julian Snowden**

Police Association of South Australia Representative

**Inspector Kellie Watkins**

Commissioner's Representative

**Mark Weaver**

Elected (Retired Police Officer)

**Mark Willing**

Elected (Retired Police Officer)

**Company Secretary**

Karen Cucchiarelli

Editor: Karen Cucchiarelli

Publisher: Police Credit Union



# CELEBRATING 35 Years OF SA POLICE LEGACY: A JOURNEY OF SUPPORT

As we commemorate the 35<sup>th</sup> Anniversary of SA Police Legacy in 2024, it's a moment to reflect on our journey, from humble beginnings to a thriving organisation dedicated to supporting our police families. Founded in 1989, SA Police Legacy emerged from a heartfelt desire to provide assistance and care in honour of those who have served and sacrificed for our community.

For over a year, a Steering Committee toiled tirelessly, laying the foundation for what would become SA Police Legacy.

In October 1989, our organisation was officially born, with retired police officer Charlie Rumbelow rightfully assuming the role of President. The commitment of 720 police officers, who pledged regular payroll deductions, provided the initial fuel for our mission.

In the early 1990s, our first education grants were awarded, marking the beginning of our tangible support for police families. Starting with two part-time employees working from home, we steadily grew, establishing an office within the Police Association of South Australia (PASA) building and later acquiring a space on Carrington Street in 2011.

It is thanks to a generous bequest from police legatee Elvie Hearnes that this was possible and it put the organisation in a strong position for the future.

Over the following eleven years this growth culminated in our move to 286 Gilbert Street, Adelaide in 2022, offering a larger, more welcoming environment for our community and now boasting four employees.

Today, our impact speaks volumes. With annual grants exceeding \$130,000, we provide vital assistance to families in need.

We're grateful for the unwavering support of our sponsors, including Police Credit Union and Police Health, as well as the serving and retired police officers who contribute.

At the heart of SA Police Legacy is our board, comprised of individuals deeply passionate about our mission. Their long-standing dedication, many serving for over a decade, reflects our enduring commitment to our community. As we look back on our history with pride, we remain steadfast in our resolve to adapt and grow, ensuring we meet the evolving needs of our blue family.

Celebrating 35 years of SA Police Legacy, we're reminded of the profound impact of collective compassion and support. Together, we've built a legacy of care, resilience, and hope, and we look forward to continuing this journey, hand in hand with our community, for years to come.



## DIRECTOR ELECTIONS

The SA Police Legacy Annual General Meeting will be held at 4:30pm on Monday 21 October 2024. Four elected director positions are to be filled. Glenn Thomson and Matt Nairn have expressed their intention to re-nominate, whilst Jodi-Lee Black and Mark Weaver have indicated they will not be re-standing. We thank Jodi-Lee for her 10+ years tenure and Mark for his 2 year tenure, both have provided invaluable contributions to the success of the organisation.

The board encourages current front line members with board experience to consider applying. More information on how to nominate will be communicated late August 2024 via the Police Gazette, email and social media.

## PRESIDENT'S UPDATE

What a rewarding time the last six months have been!

In the last financial year, we paid over \$145,000 to our members and their families, be it through Member Health, Education or Wellbeing grants, to name a few.

It's been a busy start to the year for our legatees, already attending a few outings, including a play at Two Wells starring one of our Ambassadors, Lance Grant. In September this year, they will head off on a trip to Canberra at the same time as the Wall to Wall riders, with a breakfast to be held at Murray Bridge as the riders set off on their way. The first meeting of our legatee support group was very well received and visits to the Riverland and Murray Bridge have been undertaken to visit some of our further flung members.

Our young legatees again enjoyed a beach event with Legacy Australia, and many were able to take advantage of free tickets donated for different Fringe shows.

Last year, Drakes came on board with our Blue Donut Day and this has led to an exciting new sponsorship arrangement. Over the next three years Drakes will be sponsoring young legatee birthday gifts and events, as well as the opportunity for us to launch a new 'Member of the Month' campaign. This campaign will provide serving, financial members of SA Police Legacy with a chance to go in the running to win a \$250 Drakes voucher each month!

Our annual quiz night held in May was our biggest yet with just over \$11,000 raised! We sincerely thank all our donors for their contributions, including lovely items for auctions and prizes. Many of our donors are willing to help us out year after year, it is so much appreciated.

With mixed feelings I'd like to share this will be my last President's Report. After twelve years on the board – several years as Vice President and the last two as President – I will not be renominating for a board position this year. A lot of things have been weighed into my decision and I'm still working through the emotions that come with big decisions such as this. My intention is to still be involved by volunteering with SA Police Legacy and continuing to work closely with staff to help deliver services the members require.

There will be four board positions available at our next Annual General Meeting (AGM) and it is wonderful to see Glenn Thomson and Matt Nairn are renominating. I would like to acknowledge Mark Weaver has decided to stand down from his role as board director and I thank him for his contribution over the past two years. It would be great if there are any serving members interested in helping this fantastic organisation. The AGM will be held on 21 October and there will be more information coming soon. I have enjoyed every minute of my association with SA Police Legacy and am happy to keep in touch with you all.

Take care,

President



## SA POLICE LEGACY HONOUR ROLL

We remember those who have passed away since our last newsletter

### Serving Members

Kerry-Anne Griffiths 8 January 2024

### Retired Members

Trevor Kipling 4 December 2023

Kunmanara Burton 5 December 2023

John Arthur Pocock 24 December 2023

Walter James Clarke 11 January 2024

Thomas Herbert Patrick Jenkins 25 January 2024

Michael James Pedler 29 January 2024

Lexton Roy Teague 10 February 2024

David William Gardner 15 February 2024

Harold Angus Storch 19 February 2024

Michael Robert Standen 13 March 2024

Nicholas Joseph Zuvich 1 April 2024

Colin Hugh Curtis 6 April 2024

Peter John Taylor 13 April 2024

Colin Cyril Rich 17 April 2024

Paul Andrew Kearney 26 April 2024

### Retired Members cont..

Grant Nicholas Napier 28 April 2024

Kevin James O'Rielly 4 May 2024

Robert Bruce McDonald 13 May 2024

Madeleine Elizabeth Osborn 15 May 2024

James Baden Ashton 20 May 2024

Kevin Charles McNally 22 May 2024

Emmanuel Keldoulis 28 May 2024

### Police Legatees

Barbara Morgan 20 December 2023

Pearl 'Bette' Thorsen 23 December 2023

Margaret Murray 11 January 2024

Lydie Roberts 20 February 2024

Margaret Barbary 6 March 2024

Ruth Kittel 22 March 2024

Jeffrey Lawrance 21 March 2024

Josie Maddern 30 April 2024



## NEW SA POLICE LEGACY LEGATEE SUPPORT GROUP

The Legatee Support Group is an initiative designed to encourage legatees to share experiences and understanding with each other. So far this year we have run support group meetings in February and May. Twelve legatees joined us to learn more about *managing stress* and *keeping healthy bonds with our loved ones* who have passed. Stories, tears and many laughs were shared. We hope everyone took away something positive from the sessions.

The meetings provide an opportunity to offer extra support to those who need it. It's a chance for newly bereaved legatees to connect with others, and provides legatees who are further down the track, a chance to share their journey and help others.

### NEXT MEETING 5 AUGUST 2024

Our next meeting will be a very special longer session, where we will explore creative journalling to express our grief and celebrate our strengths. If you are a legatee who would like to join us, please call us on 8232 5513 or email us at [info@policelegacysa.org.au](mailto:info@policelegacysa.org.au).

## CONTINUING BONDS

By Terella Rosen, Liaison Officer - Legatees

Have you ever heard the expression, 'death ends a life, not a relationship'?

In the past, it was thought healthy grief involved letting go of the person who had died. Some of the terms you might have heard are - moving on, letting go, acceptance, closure. People have been judged, criticised or encouraged to stop when they show behaviours that promote a continued attachment.

Since then, the thinking has changed and we have come to realise feeling connected to our loved ones who have passed is normal and can be a valid and healthy way to cope with their loss. We don't detach from them or leave them behind, we carry them with us; the relationship changing and developing throughout our lives, just as we do.

We also understand now that mourning doesn't always have an end (though it changes) and that's okay.

Of course, there are instances where continuing a bond with the deceased is not healing. Just as relationships with the living can be complicated, so can relationships with the dead and if the relationship was troubling prior to the death, it may remain so afterward. Sometimes the bond is continued, sometimes transformed into something new.

**There are many ways we can stay connected to our loved ones who have passed.**

- Talk to them
- Write letters to the person are missing
- Keep photos of the person around
- Incorporate your loved one into events and special days
- Imagine what advice they would give you when making tough decisions
- Talk about them with new people, who never got to know your loved one
- Live your life in a way you know they would be proud of
- Finish a project they were working on
- Take a trip they always wanted to take
- Maintain their Facebook page
- Adopt a hobby they enjoyed
- Create a 'Dear Photograph'(dearphotograph.com)
- Plan for the anniversary
- Keep something that belonged to your loved one
- Enjoy comfort foods
- Experience your loved one's presence

Read more about continuing bonds at [whatsyourgrief.com](http://whatsyourgrief.com)

## DEATH IS NOTHING AT ALL

Henry Scott Holland

*Death is nothing at all.*

*I have only slipped away to the next room.*

*I am I and you are you.*

*Whatever we were to each other,*

*That, we still are.*

*Call me by my old familiar name.*

*Speak to me in the easy way*

*which you always used.*

*Put no difference into your tone.*

*Wear no forced air of solemnity or sorrow.*

*Laugh as we always laughed*

*at the little jokes we enjoyed together.*

*Play, smile, think of me. Pray for me.*

*Let my name be ever the household word that it always was.*

*Let it be spoken without effect.*

*Without the trace of a shadow on it.*

*Life means all that it ever meant.*

*It is the same that it ever was.*

*There is absolute unbroken continuity.*

*Why should I be out of mind because I am out of sight?*

*I am but waiting for you.*

*For an interval.*

*Somewhere. Very near.*

*Just around the corner.*

*All is well.*



## HEYSEN 75 FUNDRAISER

By Senior Constable Jason Starkey

The inception of the Heysen 75 event (75 being the kilometres we covered within 24hrs) traces back to a personal aspiration that blossomed into a remarkable adventure.

I consider myself extremely fortunate to live and work on the beautiful Fleurieu Peninsula and after years of exploring the trails of Deep Creek Conservation Park and sections of the Heysen Trail, I was captivated by the idea of linking them all together for an epic journey from Cape Jarvis to Victor Harbor. Little did I know that this simple idea would evolve into something far beyond what I had envisioned.

Fresh from my unforgettable expedition to Nepal and Everest Base Camp in November 2023, I found myself organising this trek and creating a small walking group of a few close colleagues.

Knowing how challenging the last year has been for SA Police Legacy, and how many times its services had been called

upon, we quickly decided to turn the trek into a fundraiser event to raise funds for the charity which has a profound impact on families when they need it most.

What began as a modest gathering of five enthusiasts swiftly blossomed into a spirited group of forty, united by a common goal to make a difference. The initial target of raising a humble \$500 soon surpassed all expectations, soaring to an extraordinary \$23,000!

This incredible cohort of colleagues, ex-colleagues, and friends embodies a profound commitment to supporting SA Police Legacy, an organisation that stands as a beacon of hope in times of need and adversity. Together, we embraced the transformative power of collective action, wholeheartedly believing that our efforts during the walk have left an indelible mark on the lives of those we seek to uplift - our Blue Family.

Weary walkers were welcomed at the finish line by SA Police Legacy President Jodi-Lee Black, Vice-President Glenn Thomson and South Australia Police Assistant Commissioner Ian Parrott who in his speech said, "What started out as a small venture initiated by Senior Constable Jason Starkey from Normanville Police Station, turned into

a great display of SAPOL teamwork, camaraderie and determination with around 30 people participating in this 75km trek. I was really pleased to be invited to greet the participants at the finish line in Victor Harbor on Sunday morning and it was great to see the support crew, family and friends there as well. The only people more pleased to see the finish line were the participants! An amazing effort by all involved and something I am grateful for the opportunity to support."

From a personal perspective, I'm overwhelmed by the support from family, friends, colleagues (some I've never met), local community members, other government agencies, donors and SA Police Legacy themselves. Everyone has bought into this idea, and collectively we have triggered a new event, the Heysen 75 - SA Police Legacy, which may even become a date in our diaries for years to come. Are you keen?



## DISASTER RELIEF AUSTRALIA VISITS THE BLUE CIRCLE

In March, SA Police Legacy's Blue Circle group were lucky enough to receive a visit from Zoe Marriott, Manager of the South Australian Disaster Relief Australia (DRA) team to provide an overview of the services they provide to communities in need.

Zoe's presentation provided an overview of DRA, its purpose and how serving and retired police can become volunteers during times of disaster. DRA unites the skills and experience of military veterans, emergency responders and community members to deploy volunteer disaster recovery teams in Australia and around the world.

Volunteers are the cornerstone of DRA's operations, with more than 3,200 volunteers nationwide. They serve communities before, during and after natural disasters strike to strengthen resilience and deliver much-needed relief and recovery services.

DRA's capabilities include incident management, work order management, expedient home repair, damage and impact assessment, spontaneous volunteer management, first aid support and psychological first aid support, aerial damage assessment and mapping, debris management and restoring access, plus building resilience and capacity building.

To find out more about Disaster Relief Australia visit their website at: [disasterreliefaus.org](http://disasterreliefaus.org)

## THE LONGEST BEAT FUNDRAISER

By Detective Sergeant Thomas Perks

In October 2019 I injured my back and right knee in a work incident which resulted in spinal surgery in 2020 and knee surgery in 2021.

The road to recovery from these injuries has been a long process involving physiotherapy, exercise physiology, chiropractic support and various medical examinations (all supported by SAPOL). At one stage I was even advised that I may need to consider another career.

Finding another career was something I have never previously considered and was a substantial blow on top of the adjustments I had already made to my lifestyle as well as the physical limitations that were in place. I started to feel depressed, anxious and insecure about my future which resulted in a lack of motivation.

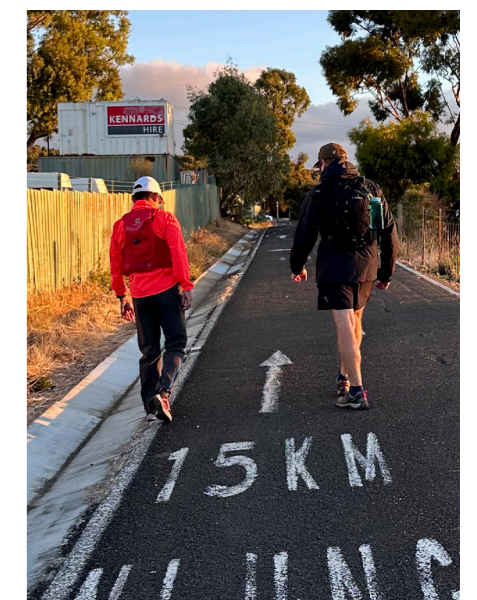
Realising that I was not tracking well, I accessed psychological support and used my family and close friends as motivation - setting myself meaningful and measurable goals. I started exercising more frequently completing exercises set by my physio and exercise physiologist and eventually in 2022 was cleared for operational duties.

By exercising and being active my mind felt good and my chronic back pain dissipated, I gained sufficient fitness to travel to Nepal in 2023 and trek through the Himalayas (Mardi Himal trek). To continue to motivate me to keep fit I set the goal of completing a sponsored walk. Whilst walking from home in Golden Grove to work at Carrington Street (4 hours) I came up with the idea of a walk linking all four metro district headquarters.



Initially I didn't have a charity in mind but after the tragic deaths of colleagues last year I could not think of a more deserving charity than SA Police Legacy. So, I set a personal fundraising goal of \$500 and started walking.

Setting off from Elizabeth Police Station at 4am, we arrived at Port Adelaide Police Station at 9:30am. Four more colleagues and friends joined and by 1pm we had made it to Grenfell Street. From here, we continued on to Christies Beach Police Station, arriving at 10pm - minus one. The entire walk took approximately 16 hours to complete, covering 73.56km and raising \$740 for SA Police Legacy.





## RUN4BLUE RAISES RECORD FUNDS FOR SA POLICE LEGACY!

With over double the number of participants and a record \$23,723.73 raised for SA Police Legacy, Run4Blue was back and bigger than ever in May this year.

This year we set a huge target for all SA participants to collectively reach a goal of running/walking 6,952km over the month, in honour of Brevet Sergeant Jason Doig.

We were blown away by the support and we well and truly knocked that target out of the park!

Thank you to each and every person involved. From the brisk walkers, to the legends running PBs, it was fantastic to see groups come together for weekly runs to support such a great cause.



## DONATIONS SHOW APPRECIATION FOR BLUE FAMILY

Over the past six months it has been heartwarming to see many police officers and organisations dig deep to donate or fundraise for our cause. Every donation to SA Police Legacy is used to support South Australia police officers and their families during times of bereavement and/or serious health issues.

Since January this year we have provided over \$85,000 in financial and social support to police families who needed us.

SA Police Legacy does not receive government funding and to ensure the longevity of our services and support we rely on donations, sponsorship and fundraising.

Thank you for your donations and tireless fundraising. Every contribution makes a difference.

**We are grateful for all support, and in particular the following donors:**

- Heysen 75
- The Longest Beat
- Run4Blue
- Balnaves of Coonawarra
- Course 56 reunion
- Medals, Mementos and More
- Murray Bridge police social club
- SAPOL vending machines
- Lions Club of Richmond
- Lutheran Homes

## QUIZ NIGHT RAISES \$11,000 TO SUPPORT SA POLICE LEGACY

After selling out tickets within 48 hours, on Friday 17 May, we held our annual quiz night at the Adelaide Irish Club.

This year, we welcomed new quiz master Lachie Porter who entertained 160 guests with his tricky questions and games.

We had some incredible prizes donated for our silent and live auctions, and together with the raffle we are delighted to announce our best fundraising result yet with over \$11,000 raised!

Thank you to Police Credit Union who once again sponsored this event, everyone who attended, and the businesses who supported us this year with prizes.

Proudly sponsored by



RUN4BLUE 2024 RAISED		
<b>\$151,442.62</b>		
STATE	RAISED	PARTICIPANTS
NSW	\$41,996.03	288
VIC	\$28,266.38	170
AFP	\$25,794.74	231
WA	\$24,142.93	96
SA	\$23,723.73	167
TAS	\$2,815.75	16
QLD	\$2,368.36	25
NT	\$2,314.70	16

*Thank You*  
TO ALL PARTICIPANTS, DONORS & SUPPORTERS!

# SATURDAY 30 NOVEMBER

## ADELAIDE OVAL

\$200 P/P INCLUDING A 3 COURSE DINNER, DRINKS PACKAGE AND ENTERTAINMENT

**SCAN QR TO PURCHASE TICKETS**

## MEET THE MEMBER DETECTIVE SERGEANT MONIQUE VICKERY

**How long have you been with SAPOL, what does your current position involve and what aspect of your job do you enjoy the most?**

I joined SAPOL in 2007 graduating in 2008 (course 8). I was the mother of a one-year-old, turned 30 and got married while a Cadet... busy times.

I currently work as a Detective Sergeant in the Investigations Development Team at the Police Academy – a job that I absolutely love. My main role involves facilitation and instruction of the Investigation and Interviewing Techniques Course and the Detective Training Course which forms part of the Detective Development Program. My favourite part of the job is meeting new people and watching them learn, progress and find success in their accomplishments. I am also very fortunate to have an amazing team to work with – I often refer to my day as like working with a group of naughty brothers – they always keep me smiling.

**What advice would you give to a police cadet in terms of the varying experiences they may encounter and how they can build and foster resilience?**

Policing is the best job in the world, and I have reached a point where I wake up every day looking forward to new challenges. On a personal note, however, it has not always been an easy



Monique at a job at the ABC.

Quiz Night dress up!

road and at one stage in my career I walked away to protect my mental health. Through the support of my family, friends and colleagues I was able to return to policing with new insight and determination. You can't un-see, un-hear, or sometimes un-smell this job, however if something doesn't feel right there are some truly amazing people out there who really care about you and will always be there to listen. Talk, laugh, take time out. Share your trials and tribulations and you will be surprised how many share back. Let's support each other by checking in and acknowledging it's okay not to be okay.

**What would be something that your colleagues would be surprised to know about you?**

I am quite obsessed with Monster Trucks and I make my family go to the shows with me every year. My favourite is Buddy (he's such a good boy). I'm also really good at quiz nights, but not at answering the questions. I may be a little bit (ahem) competitive with the costume/table themes and have been known to ship specific costumes in from the US. I also have very high expectations of those at

our table which I'm sure drives everyone absolutely crazy and I will plan months in advance of events.

**How long have you been a member of SA Police Legacy and why do you think it's important to contribute?**

I joined SA Police Legacy as a Cadet in 2007. In all honesty I didn't really know what, if anything, the benefits would be when I was starting out. Nearly 17 years later and I have seen the huge difference SA Police Legacy has made to my police family. I have lost friends in this job to illness and suicide, all with partners and young families who have had to navigate not only the personal loss of their loved one, but also sudden changes to lifestyle, finances and future plans. Each of them has been supported by SA Police Legacy from special activities for the children, to education and financial assistance. I am proud to know that my small contribution has made someone else's life a little easier during incredible adversity. I take heart in knowing that if something happened to me, my family would be extended the same support.

**How has SA Police Legacy been able to help you?**

I have been to many social events and really enjoyed dinners at the Police Club. The legatees know what it is like to be married to a policeman and they were like a family outside of my own family - someone to talk to without having to worry about upsetting anyone. I think it is a positive thing that SA Police Legacy brought on

## MEET THE YOUNG LEGATEE SIENNA HILL

We are incredibly proud to have young legatee Sienna as part of our SA Police Legacy community. Sienna is a kind, friendly and caring 18-year-old who continues to excel in her academic and musical studies.

Last year Sienna completed year 12 and was awarded the Service Award at St Aloysius College and the Gold Duke of Edinburgh award which she received from the Governor Frances Adamson. She also performed with Australian Jazz legend James Morrison. Here Sienna shares with us more about her life.

**Please tell us about your family and how you came to be involved with SA Police Legacy.**

I have been involved with SA Police Legacy for 16 years. My dad passed away in 2008, when I was two years old. My family consists of my mum Nicol, myself and our cavoodle, Louie.

**How has SA Police Legacy supported you?**

SA Police Legacy initially supported my Mum and I by bringing us together with other families who have lost a parent. Once I reached secondary school, the financial support of SA Police Legacy enabled me to play sports such as lacrosse, dance, and surf lifesaving. More recently SA Police Legacy has afforded me the opportunity to study music at university.

liaison officers who have experience in grief counselling so they can support people who need it.

**How do you remember Tony in your family now?**

We often spend time as a family at the river where his ashes are buried on special occasions and anniversaries. We keep photos in the house and talk about him often.

**Tell us about your uni studies and what you hope to do when you finish your degree.**

I am currently in my first year at the Elder Conservatorium of Music in the Jazz Performance course, where I study saxophone but also play flute and clarinet. In June, I also starting tutoring year 7 and 8 school students in saxophone. I would like to continue to combine practising as a musician and becoming a teacher, perhaps one day working as a music coordinator at secondary level.

**What are your favourite sports/hobbies/activities and what do you love most about them?**

Currently all of my efforts are going into music (many hours of practice), but I also like to be outdoors, and enjoy kayaking and camping.

**What is your favourite thing to do with your Mum?**

Most of all, I enjoy travelling with my Mum. Earlier this year we backpacked together around Europe, fulfilling a promise to my Dad who also loved to travel. The history, food and winter scenery was amazing. My favourite destination was Salzburg in Austria. One day I would love to return and study music there.

**What have you enjoyed about being part of the SA Police Legacy community?**

The SA Police Legacy community has helped my Mum and I stay connected with SAPOL, even though my Dad is no longer here. We appreciate the generous support of the SAPOL community who have given me so many wonderful opportunities whilst growing up.



Sienna and Nicol

Sienna with Mum, Nicol and Dad, Nick

## MEET THE LEGATEE ANNE

**Could you tell us about your family and how you came to be involved with SA Police Legacy?**

I have four children and my youngest was just 21 when my husband, Tony passed away in 2009. Tony regularly donated to SA Police Legacy through his pay, never thinking we would one

day need the support, though we saw other police families receiving help. I never thought I would find myself a widow at 57.

Since then, I have found a new beginning with my husband Mark and together we share 14 grandchildren.

Mark's first wife also passed away, so we share an understanding and compassion for what we have both been through in our lives.

**Do you have any words of advice or encouragement for someone grieving the loss of a loved one?**

Be brave and try to get on with life. The three T's – time, talking, and tears – all help to heal your grief.



Anne and Tony



## BEACH FUN WITH OUR YOUNG LEGATEES

SA Police Legacy teamed up with Legacy South Australia & Broken Hill in March for our annual Family Beach Day and we had a blast!

The team at Henley Surf Life Saving Club kindly volunteered their time and skills to set up activities for our young legatees, like ATV rides, flag races and board paddling.

The kids loved spending the morning in the glorious sunshine!

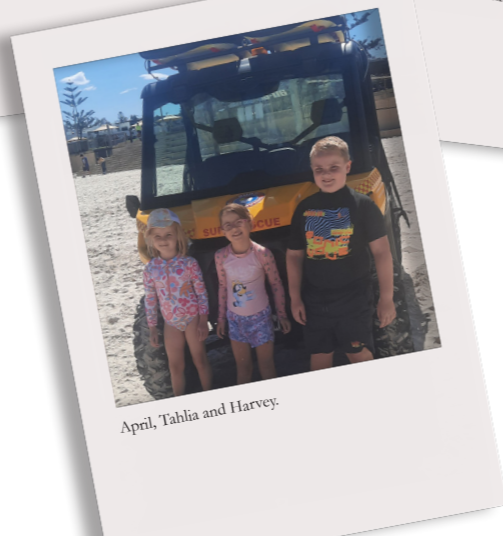
And, they were also lucky enough to get a surprise visit from local Constables - Kelly and James from the Henley Beach Police Station.



Constable James meeting our youngest legatee, Maggie.



Ellie at the beach.



April, Tablia and Harvey.

## DRAKES SUPPORTING THE BLUE FAMILY

We are delighted to announce a three-year partnership with Drakes Supermarkets which commenced on 1 July 2024. Drakes Supermarkets are iconic in South Australia and with their long-standing commitment to supporting local businesses, communities and charities it a welcome partnership for SA Police Legacy.

This partnership is made possible by the Drakes Community Show bag initiative which raises money for selected South Australian charities. For 2024, SA Police Legacy has been chosen as one of the recipients of this program with the donation being used across three years on selected programs. Last year Drakes generated over \$150,000 to be donated between five selected Charity Show bag partners and have donated over \$1.8 Million from the Charity Show bags over 25 years.

### How will SA Police Legacy use this donation?

Over a three-year period, Drakes Supermarkets will be sponsoring our young legatee events and birthday gift scheme, as well as enabling the commencement of a new initiative for police officers who donate.

The new 'Member of the Month' award will provide one lucky serving police officer per month with the surprise of winning a \$250 Drakes gift card. We can't think of a better way to say thank you and show our appreciation to those who support us via regular payroll donations.

With over forty young legatees (bereaved children of police officers) we run quarterly events to promote friendship

## myDrakes.is here to help community dollars

Follow the steps below to start earning money for your local community!

1. Click on the hamburger icon on the top left of the screen
2. Click the settings button
3. Select Community Dollars
4. Search or scroll to find your charity, select and save



Download the free myDrakes app now!

search for myDrakes in your app store

and social inclusion. Young legatees come together regularly so that they can meet other children who are in similar circumstances. In addition to the events, young legatees also receive \$100 for each birthday up to and including their 18th birthday. Having Drakes Supermarkets support these initiatives means that our vital services can continue to support our growing number of families.

SA Police Legacy president Jodi-Lee Black is delighted to welcome this partnership. "It is great to be partnered with another organisation who is so involved with the South Australian community and who obviously cares about the policing community. With the increasing number of police families needing the financial,

emotional and social support SA Police Legacy provides, their ongoing support is greatly appreciated."

The Drakes Charity show bags go on sale on Wednesday 28 August. 18,000 show bags are produced each year, made entirely from donations from their supplier partners and are packed by Bedford at their Elizabeth facility. Please show your appreciation to Drakes by purchasing a Community Show bag! You can further support by downloading the myDrakes app and selecting SA Police Legacy as your charity of choice.

Scan your QR at the checkout and for every \$2 you spend at a participating Drakes store in SA, \$0.01 will be credited to SA Police Legacy.



## SA POLICE LEGACY MERCHANDISE

Check out our range of products available at [policelegacysa.org.au/shop](https://policelegacysa.org.au/shop)

All proceeds go towards assisting SA Police Families during times of crisis.



BRAVE LION

CONSTABLE

DRUMMER

GOLDEN LABRADOR

BLACK LABRADOR

GERMAN SHEPHERD

## OUR LEGATEE EVENTS

The first half of the year has been busy with a number of legatee social events already taking place.

The Sailmaster Tavern at North Haven proved a popular choice, and we needed to bring out the tissues for our viewing of the Les Miserables musical at Piccadilly Cinema in May.

Our tears turned to laughter though as we went to support our ambassador Lance in his inaugural script-writing adventure for the Two Wells melodrama group, "There Goes My Hero".

Liaison Officer, Terella visited the regional areas of Renmark and Murray Bridge in April and we were pleased our ambassador in the Riverland, Ayrton, was able to join us for lunch.

Our annual midyear lunch was attended by 60 legatees and everyone enjoyed a different venue this year at the Cooper's Alehouse in the city.

Photos from events: Sailmaster, Two Wells, Piccadilly, Murray Bridge, Renmark, and Coopers Ale House.



## BENEFITS OF VOLUNTEERING

Have you considered volunteering? Research from the Mayo Clinic indicates volunteers make an immeasurable difference in people's lives and often serve to help others, but volunteering can also provide benefits to your health.

1

### IMPROVES PHYSICAL AND MENTAL HEALTH

Research has found volunteering among adults, age 60+, provides a number of benefits to physical and mental health including lower rates of depression and anxiety, reduced stress and a decrease in the risk of health problems, such as heart disease, and stroke. It has also shown to increase positive, relaxed feelings through the release of dopamine and providing volunteers with feeling a sense of meaning and appreciation, both given and received. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

2

### PROVIDES A SENSE OF PURPOSE AND TEACHES VALUABLE SKILLS

The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

3

### NURTURES NEW AND EXISTING RELATIONSHIPS

Volunteering increases social interaction and helps build a support system based on common interests- it's also one of the best ways to make new friends and strengthen existing relationships. In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others. Whether volunteering to explore different careers, sharpen skills, stay active during retirement, meet new people and or serving their communities, all volunteers share a common desire to improve the health and welfare of people in their communities.

\*Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering>

## FUNDRAISING FOR SA POLICE LEGACY

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